January/February 1995 Volume 20, Number 1

A summary of recent news stories from the University of California San Francisco

UCSF

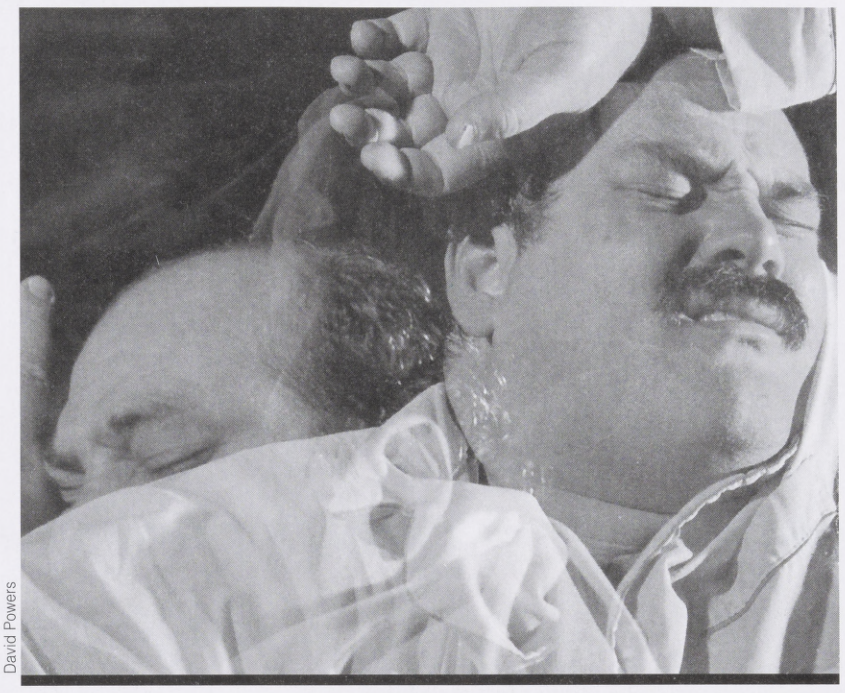
To Our Neighbors

UCSF opens first Sleep Disorders Center

A visit with David Claman, MD, could put you to sleep. As the director of UCSF's first Sleep Disorders Center at the UCSF/Mount Zion Medical Center, that's his job.

Located on the fifth floor at UCSF/Mount Zion Medical Center, 1600 Divisadero Street, Rm. B538, the Sleep Disorders Center offers a full range of services for diagnosis and treatment of all sleep disorders. A pulmonary physician who specializes in sleep disorders, Claman directs a team of specialists including neurologists, psychiatrists, dentists and surgeons who provide a multidisciplinary approach to patient care.

"Many people with sleep disorders go undiagnosed," Claman says. "It's not unusual to have a patient whose complaints go back 5 to 10 years."



David Powers

People who experience difficulty staying awake, pauses in breathing during sleep, loud snoring, excessive leg kicking during sleep, insomnia lasting more than six months, sleepiness interfering with activities, sleepwalking, nightmares and other abnormal nighttime behaviors can be referred to the center.

A formal consultation with Claman consists of a detailed sleep history and physical exam. This appointment is more useful if the patient's sleeping partner is able to attend to shed more light on the sleep habits. If an overnight sleep study is warranted, it will be scheduled for a later date.

For further information on the Sleep Disorders Center call 885-7886.

Service meets needs of women patients

A new patient care service at UCSF is focusing on the special health care needs of women. Called UCSF Women's Health Access (UCSF/WHA), the new service emphasizes patient education, disease prevention, and the role of women as active partners in their own health care.

"Over the past decade women have been seeking more information about how their bodies are affected by good health and by disease, and UCSF is uniquely positioned to meet these needs," says Nancy Milliken, MD, who is co-director of UCSF/WHA along with Rita Redberg, MD.

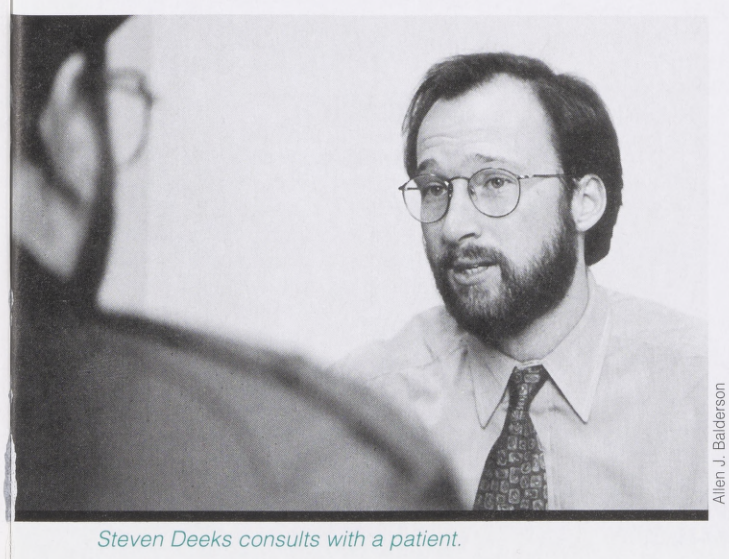
The roster of women faculty associated with UCSF/WHA ranges from primary care providers to experts trained in childbirth, patient education, breast cancer, menopause, heart disease and mental health to surgeons who specialize in organ transplants and infectious disease specialists who are nationally recognized for establishing HIV treatment programs specific to women.

UCSF/WHA is available at the Ambulatory Care Center, 400 Parnassus Avenue in San Francisco (476-9293), and at the UCSF Faculty Group Practice in Daly City, 333 Gellert Boulevard (991-2229). The Women's Health Access joins two other services under UCSF devoted solely to women's health — the UCSF/Mount Zion BaySpring Medical Group (885-8135) and the Women's Veteran's Comprehensive Health Center at the VAMC (750-2174).

HIV patients get advice on trial therapies

HIV-infected patients face a bewildering number of health care decisions, among them whether or not to try experimental therapies offered by a variety of clinical research programs in the Bay Area.

In an effort to make these decisions easier by providing more information and advice tailored to the individual's health status and needs, the UCSF AIDS Program at SFGH has opened a HIV Research Consultation Clinic at 1001 Potrero on Ward 86, the AIDS Outpatient Clinic. It is free to anyone infected with HIV.



Allen J. Balderson

Steven Deeks consults with a patient.

"In the Bay Area alone there are from 50 to 100 clinical trials enrolling participants every month," says director of the consultation clinic Steven Deeks, MD, an attending physician on Ward 86.

Patients are seen for approximately 30 minutes and given the latest information on the biology of HIV infection and the most current research in HIV disease and treatments. Each patient's individual health status is discussed and information is shared about available clinical trials — their benefits and risks and eligibility requirements.

"Patients then are referred back to their primary care providers for continuing care," says Deeks.

For further information, call 476-0828. Patients may refer themselves to the clinic; they do not have to be referred by a health care provider.

Meanwhile, complementing the new SFGH Clinic is a "Trials Search" computer database, which lists HIV clinical trials in the Bay Area. Originally developed by Davies Medical Center, it now is produced by the Community Consortium, an association of some 200 HIV health care providers who care for the majority of HIV patients in the Bay Area. "Trials Search" uses the confidential medical information provided to members of the Consortium and the study criteria provided by researchers to produce a personalized list of clinical trials. For further information call 476-5777.

In Brief

SFGH/UCSF awarded Workers' Compensation Contract

San Francisco General Hospital and UCSF, in collaboration, have been awarded the City/County of San Francisco contract to provide medical care to city workers injured on the job. The Workers' Compensation Contract was awarded by the San Francisco Retirement Board, which oversees the Workers' Compensation Division, a part of the Employee Retirement System.

SFGH/UCSF bid for the contract against St. Francis Memorial Hospital, which had held the contract since 1973, and in a joint proposal, California Pacific Medical Center and St. Luke's Hospital.

Letterman negotiations end

Conflicting economic considerations have prevented UCSF and the National Park Service from reaching a lease agreement for the former Letterman Army Hospital complex in the Presidio. Therefore, negotiations have been discontinued.

Elder abuse on the rise

Reports of elder abuse have been increasing, according to the results of a one-year study presented to the San Francisco Board of Supervisors. The sharpest increase was in financial abuse, with reports increasing 15.6 percent in 1991 followed by a 38.1 percent increase in 1992.

The study was conducted by the Elder Abuse Reporting Task Force, which was established by Supervisor Willie Kennedy and organized by the Consortium of Elder Abuse Prevention, a part of the UCSF/Mount Zion Center on Aging. The Consortium seeks to improve the city's professional response to elder abuse — defined as financial exploitation, physical and psychological mistreatment, and neglect of the elderly.

For further information, call Lisa Nerenberg, MSW, MPH, director of the Consortium for Elder Abuse Prevention, at 750-4188.

Nervous system study

Volunteers are needed to serve as normal control subjects in a study to determine the presence of certain inherited metabolic diseases that cause damage to the nervous system. Participation involves a blood drawing and psychological testing. Both the testing and the blood drawing will take place at the VAMC. Physicians are looking for men and women between 30 and 50 years old who have no history of psychiatric or neurologic illness. Participants must have graduated from high school. College and graduate school education are desirable. For information, call 750-6931.

Do you suffer from chronic pain?

If you suffer from chronic pain caused by damage to the nervous system, you might consider participating in research studies at the UCSF Pain Clinical Research Center. If your pain is from diabetes, neuralgia, multiple sclerosis, stroke, spinal cord injury, post-mastectomy surgery, or shingles, you may be eligible for the study. Participants must be over 18, in stable physical and mental health, and able to read English. For further information, call 476-0418.

More news for you on the back page

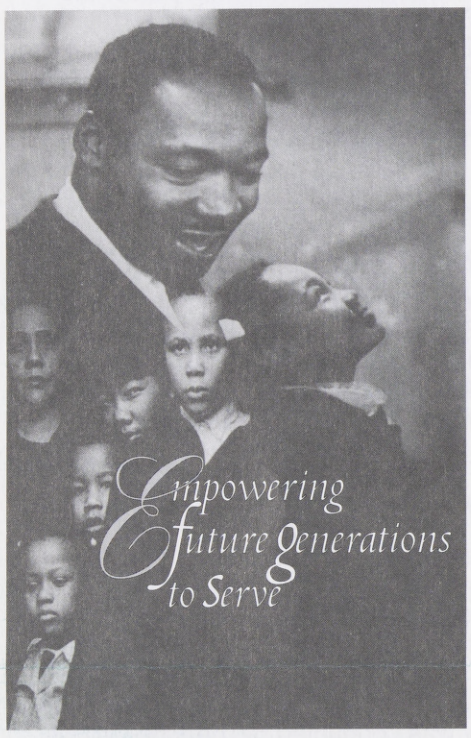
What's happening

To Our Neighbors
January/February
A bimonthly calen
events at UC San

Special Events

Sat., Mar. 4
Women's Health 2000. This forum offers women an opportunity to learn from the experts about issues that effect their health, such as nutrition, HIV, cancer, menopause and mental health. $35. UCSF/Laurel Heights Conf. Cntr., 3333 California. Call 591-9004.

Martin Luther King Jr. Celebration



"Nonviolence in Action: Empowering Future Generations to Serve" is the theme for UCSF's celebration of Martin Luther King Jr. Events co-sponsored by the 1994-95 MLK Commemoration Week Coordinating Committee and those listed below. Call 476-5452.

Tues., Jan. 17
Cake-Cutting Ceremony at SFGH. Second floor hallway, Main Building, SFGH, 1001 Potrero. 11 a.m.-1:30 p.m.

Wed., Jan. 18
Multicultural Festival. Food, crafts and entertainment representing many cultures. Information on community youth programs also available. Millberry Gym, 500 Parnassus. 11:30 a.m.-1:30 p.m.

Nonviolence in Action: Empowering Future Generations to Serve. Panel discussion. Carr Aud., SFGH, 1001 Potrero. 11:30 a.m.-1:30 p.m.

Preventing Firearm Violence. A Brown Bag Lecture sponsored by Public Service Programs. Rm. 300, Health Sciences West, enter through 513 Parnassus. Noon. Call 476-4394.

Thurs., Jan. 19
Before There Was Martin There Was Mary: The Mysteries of Mary Ellen Pleasant. Learn about this woman who began life as a slave and went on to become a civil rights leader and women's rights activist. Sponsored by Women's Resource Center. Toland Hall, 533 Parnassus. Noon-1 p.m.

Nonviolence in Action: Empowering Future Generations to Serve. Lecture and discussion. Herbst Hall, UCSF/Mount Zion, 1600 Divisadero. Noon-1 p.m.

Resolving Conflict Without Drawing Blood. A Brown Bag Lecture sponsored by Public Service Programs. Rm. 125, Mission Center Bldg., 1855 Folsom. Noon. Call 476-4394.

Fri., Jan. 20
Keynote Address. Joseph E. Marshall, Jr., executive director and co-founder, Omega Boys Club. Noon-1 p.m. Cole Hall, 513 Parnassus.

UCSF/Mount Zion Day. The Zion Gospels, the Mount Zion Filipino Club and several other groups celebrate Dr. King. Cafeteria, UCSF/Mount Zion, 1600 Divisadero. Noon-1 p.m.

Black Heritage Month Events

UCSF celebrates Black Heritage Month with the following events co-sponsored by the UCSF Black Caucus and those listed below. Call 502-KING for a complete list of events.

Tues., Feb. 7
"Color Adjustment." Film examines race relations in America through the lens of prime-time TV. Sponsored by Women's Resource Center. Toland Hall, 533 Parnassus. Two showings: Noon-1:30 p.m. and 5:30-7 p.m.

Wed., Feb. 15
Discrimination in Medicine: Why We Can't Tolerate It Any Longer. A Brown Bag Lecture sponsored by Public Service Programs. Rm. 300, Health Sciences West, enter through 513 Parnassus. Noon. Call 476-4394.

Thurs., Feb. 16
Black, Female and Proud: A Survivor. Learn how racist and sexist myths about African-American women continue to be fostered in the U.S. Sponsored by Rape Prevention Education Prog. Toland Hall, 533 Parnassus. Noon-1 p.m.

Thurs., Feb. 23
Skin Deep: Women Writing on Color, Culture and Identity. Sponsored by Women's Resource Center. Toland Hall, 533 Parnassus. Noon-1:30 p.m.

Cancer Referral Hotline

The UCSF Cancer Referral Service enables cancer patients to place just one telephone call and learn the names of UCSF doctors specializing in the kind of treatment they need. Call 1-800/888-8664.

Campus Tours

All tours are free and begin at 1 p.m. on Fridays. Meet in the Medical Sciences Bldg. lobby, 513 Parnassus. Sponsored by Public Service Programs. Call 476-4394.

Art Exhibits

San Francisco Victorians, James J. Gleeson (1994)

Through February 28
Cityscapes and Landscapes by James J. Gleeson. On display at the Faculty/Alumni House, 745 Parnassus. Open weekdays or by appointment. Call 476-4723.

Hospitals Auxiliary Art Exhibit. On display in the lobby of Moffitt/Long Hospitals, 505 Parnassus. On display Mon., Dec. 26, through Mon., Jan. 23, will be works by Susan Miller, Hideo Yoshida and Tak Kanehira. On display Mon., Jan. 23, through Mon., Feb. 27, will be works by Margo Bors and Beth Katz. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, call 476-4906.

Recreation & Fitness

From calligraphy and jewelry making to modern dance and Tae Kwon Do, Millberry Fitness Center offers recreational and fitness programs for everyone. Registration for winter classes begins on **Wed., January 4.** Call 476-1115 for a complete class schedule.

Primary Care Hotline

Do you need help choosing a primary care physician at UCSF? The Medical Center at UCSF offers personalized assistance to help you make a choice to suit your personal preferences and geographic needs with primary care physicians available at UCSF Medical Center, UCSF/Mount Zion and the practices at Lakeshore and Daly City. To learn about the full range of primary care options available through UCSF, call 885-7777 weekdays from 8 a.m. to 5 p.m.

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-3902.

Tues., Jan. 31-Fri., Feb. 3
Seventh Annual AIDS Update Conference: Health Care Reform — HIV Today and Tomorrow. For health professionals and those affected by HIV/AIDS. Co-sponsored by AIDS Health Project and regional health care provider organizations. Moscone Center. Call 255-1297 or fax 255-8496 for reservations and information.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS or HIV infection, in a risk group or otherwise affected.

Institute of Healing Arts & Sciences

A series of free talks on various alternatives in health care and healing. Held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call 330-5353 for details.

Jan. 6
Revolutionize Meditation/Mind/Chi Gung

Jan. 13
Reflexology

Jan. 20
Shamanic Medicine

Jan. 27
The Magic of Eye Movement Desensitization and Reprocessing

Multiple Helpers Outreach Network Support Group. For victims & survivors of violent trauma. Ages 15 & over. Meets on Tuesdays from 10 a.m.-noon and on Wednesdays from 1-3 p.m. in Rm. A222, Langley Porter Psychiatric Institute, 401 Parnassus; and from 7-10 p.m. in Rm. 517, Nursing Bldg., enter through 521 Parnassus. For further information call the helpline at 759-7923, 7 a.m.-10 p.m. daily.

Volunteer Orientation

Program to acquaint prospective volunteers with opportunities available in the Medical Center at UCSF in Langley Porter Psychiatric Institute Auditorium, 401 Parnassus (P), and at UCSF/Mount Zion in Herbst Hall, 1600 Divisadero (MZ). For dates and times of Parnassus orientations call 476-1196 (P). Call 885-7353 for UCSF/Mount Zion information.

Mon., Jan. 9, 9-11:30 a.m. (MZ)
Tues., Feb. 7, 5-7:30 p.m. (MZ)

Mount Zion Community Meetings

An ongoing series of meetings to keep the community apprised of activities of interest and to listen to neighborhood concerns. Next meeting: **Tues., Jan. 24.** Executive Board Rm., 2nd fl., UCSF/Mount Zion, 1600 Divisadero. 7 p.m. Call 476-3206.

UCSF/Mount Zion Care Account

If you are thinking of switching Medicare supplemental insurance plans or choosing a supplemental policy, attend a free lecture on Thurs., Jan. 19, or Tues., Feb. 14, to find out about the Mount Zion Care Account, a free membership program providing discounted health care services for adults aged 65 and older who qualify. Sponsored by UCSF/Mount Zion Center on Aging. Rm. 552, 5 North, UCSF/Mount Zion, 1600 Divisadero. Call 750-4125 for a reservation and information.

Women's Programs

Events sponsored by the Women's Resource Center, unless otherwise noted. Call 476-5222 to pre-register for workshops and for information on ongoing groups.

Thurs., Jan. 12
The Date Rape Backlash: The Media & the Denial of Rape. Sponsored by Rape Prevention Educ. Prog. Toland Hall, 533 Parnassus. Noon-1 p.m.

Thurs., Jan. 19
See Martin Luther King, Jr. Celebration

Sat., Jan. 21
Workshop: Integrating Work and Self. $45-$60. Rm. 20, Medical Sciences Bldg., 513 Parnassus. 10:30 a.m.-5 p.m.

Sat., Jan. 28
Basic Home Repair Workshop: Electrical. $45-$60. Rm. 517, Nursing Bldg., enter through 513 Parnassus. 9 a.m.-4 p.m.

Tues., Jan. 31
"Dialogues with Madwomen." Film captures the experiences of seven women who have exprienced the dark side of the imagination. Noon-1:30 p.m. Toland Hall, 533 Parnassus.

Tues., Feb. 7
See Black Heritage Month events.

Sat., Feb. 11
Basic Auto Repair Workshop. $45-$60. Entrade, 2830 Ninth St., Berkeley. 9 a.m.-4 p.m.

Sat., Feb. 18
Workshop: Midlife and Menopause — A Fitness Plan for Life. $35. Rm. 20, Medical Sciences Bldg., 513 Parnassus. 1-3:30 p.m.

Thurs., Feb. 23
See Black Heritage Month events.

Sat., Feb. 25
Basic Home Repair Workshop: Plumbing. $45-$60. Rm. 517, Nursing Bldg., enter through 513 Parnassus. 9 a.m.-4 p.m.

Blood Donation

Tues., Jan. 17
Blood Drive. Blood may be given at Millberry Conference Center, 500 Parnassus. 8 a.m.-6 p.m.

You don't have to wait for a blood drive to give blood. You may donate any weekday, 10 a.m.-8 p.m., or Saturday, 10 a.m.-3 p.m., at UCSF's Blood Donor Center. For information & appointments call 476-6989.

Breast Cancer Screening

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $65. Your physician's approval is required, plus his/her full name, address & telephone number to assure results are mailed promptly. Appointments must be made at least one month to six weeks in advance. Find out when the van will be in your neighborhood by calling 476-2193 between 9 a.m. and 3 p.m., Monday through Friday. A $60 mammography screening also is available at the UCSF/Mount Zion Medical Center Radiology Department. Call 885-7465.

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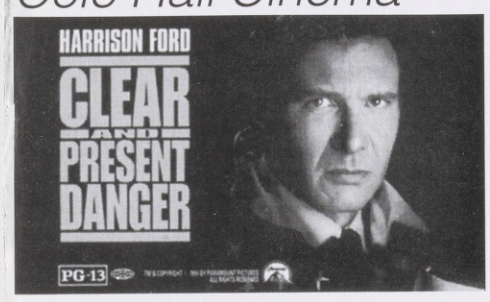

Cole Hall Cinema for Winter 1995 opens with **Clear and Present Danger** on January 5 and 6. Other anticipated titles include **The River Wild, The Lion King, Ed Wood, Quiz Show, Bullets Over Broadway, Interview with the Vampire** and **Eat, Drink, Man, Woman.** Films are shown on Thursdays and Fridays in Cole Hall, enter through 513 Parnassus. Prices run $2 to $3.50. Sponsored by Millberry Arts & Performances. Call 476-2542. (Movies subject to change.)

Great Expectations Programs for Parents

The UCSF Birth Center offers classes & video presentations for expectant parents on Wednesdays, 7-8:30 p.m. Rm. 326, Ambulatory Care Center, 400 Parnassus. Call 476-MOMS for information.

Jan. 17
Childbirth: An Introduction.

Feb. 15
Childbirth Choices: Options for Labor and Birth.

Brown Bag Lectures

Free lectures held weekly at noon on Wednesdays in Rm. 300, Health Sciences West, enter through 513 Parnassus (P); monthly on Thursdays in Rm. 125, UCSF/Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, UCSF/Mount Zion (MZ), 1600 Divisadero. Sponsored by Public Service Programs. Call 476-4394.

Jan. 4
Maximizing Your Finances in 1995. (P)

Jan. 11
How & Why We Age. (P)

Jan. 17
Tax Law Changes: 1994 Update. (MZ)

Jan. 18
See Martin Luther King Jr. Celebration (P)

Jan. 19
See Martin Luther King Jr. Celebration (MCB)

Jan. 25
Retrieval of Past Memories. (P)

Feb. 1
Sleep Disorders in a 24-Hour Society. (P)

Feb. 8
Secret Keys to Your Name and Colors. (P)

Feb. 14
Home Management for Professional People. Learn a system to gain control over daily mail and paper clutter. (MZ)

Feb. 15
See Black Heritage Month events. (P)

Feb. 16
FIT Talk. Learn the ABCs of exercise and nutrition. (MCB)

Feb. 22
Sports Medicine: From Injury to Recovery. (P)

UCSF
University of California San Francisco
Public Affairs
3333 California Street, Suite 103
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Although he avoided strenuous activity, attacks came often and without warning.

Agony was just a heartbeat away.

And for 30-year-old Stefano Nicolini that meant a life of worry. Exercise, for example, could trigger just one extra tick of the heart and send it suddenly racing out of control — up to 200 beats a minute.

When it happened, Stefano could actually see his chest pounding. Sometimes it felt like his heart would blast right through. Dizziness, shortness of breath, and heavy perspiration followed. "It wore me out every time," says Stefano, who recalls episodes lasting anywhere from 10 minutes to several hours.

Stefano was born with an abnormal heart. His main arteries were transposed and ventricles inverted — blood circulated through his heart opposite the normal direction. An irregular tricuspid valve, displaced into his right ventricle cavity, hampered pulmonary blood flow. On top of all that, he suffered from Wolff-Parkinson-White (WPW) syndrome, in which a hair-thin strand of tissue creates an extra electrical pathway between the upper and lower chambers of the heart. The pathway often short-circuits the heart's electrical wiring, causing tachycardia, or uncontrolled rapid heartbeat. Even in healthy hearts, rhythm increases during physical activity, but in people with WPW syndrome once the heart speeds up, it is difficult to slam on the brakes.

Stefano knew of his condition early in life, and in his native Italy it meant watching the other kids play soccer instead of joining in the game he loved. Although he avoided strenuous activity, attacks came often and without warning. Sometimes he wound up in the emergency room where doctors had to use electroshock to return his heart to normal. As a teenager and young adult, he took medications to keep his heart rhythm in check, but he decided five years ago to do it without drugs. But like before, his heart would occasionally go haywire.

When Stefano moved to San Francisco from New York three years ago to take a job as an insurance broker, he wound up in the right city at the right time. He had heard previously of a procedure called catheter ablation, a non-surgical approach for seeking and destroying the offending pathways, but was pleased to learn that the technique was pioneered at UCSF by cardiac electrophysiologist Melvin Scheinman, MD.

Just 10 years ago, open heart surgery to carve out the pathways — potentially risky and certainly invasive and costly — was the standard treatment for patients with life-threatening tachycardia that failed to respond to drugs. UCSF doctors over the years have refined catheter ablation, now using radiofrequency energy waves to zap away the pathways. The same high frequency waves used to transmit Top 10 hits over the radio or your favorite prime time shows on television are now used to cure WPW syndrome and other heart rhythm disorders.

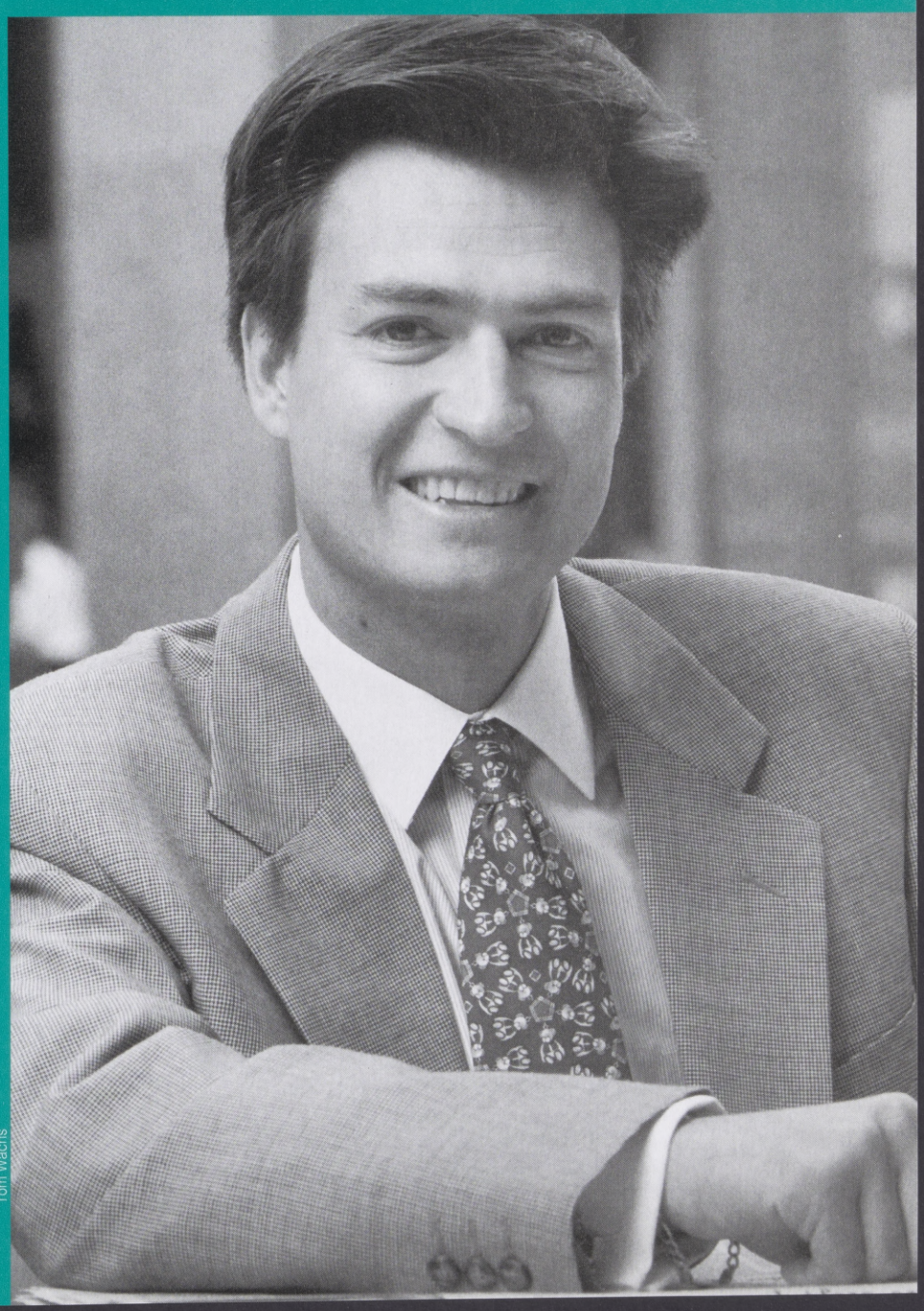
Stefano's turn came in July 1994. A team led by electrophysiologist Michael Lesh, MD, snaked a tiny metal-tipped wire catheter through a vein in his groin and guided it into his heart. Fluoroscopy, which allowed doctors to view on a monitor the catheter moving through the vessel, provided a good road map. Three more catheters, one inserted through the neck, contained electrical sensors to find the area causing the short-circuits. Stefano's "backward" heart complicated the painstaking process of locating the culprit pathway, which Lesh likens to "finding a needle in a haystack." In Stefano, they found three. The metal-tipped catheter was then maneuvered to each site and some 40 watts of radiofrequency energy gently burned away each unwanted strand of tissue. The entire procedure lasted four hours, and Stefano was home by the following afternoon.

"The doctors told me I was probably cured of the tachycardia," says Stefano. For several weeks, however, he was unsure. After exercising he waited for — and even expected — his heart rate to accelerate wildly. It didn't happen. In the fall, a game of touch football with his friends stretched to two hours, and he played the whole time. It was then that he realized that his heart had been indeed tuned to a healthy and normal rhythm. He recently hiked near Lake Tahoe — before, any type of exertion in high altitude was out of the question — and he now can bicycle across the Golden Gate Bridge to Tiburon and back to his home in San Francisco.

"Now, if I have to run for the bus, I run for the bus. I never took that chance before," says Stefano. "I have more freedom. I can do things without having to worry."

— Andy Evangelista

(For more information on treatment for heart rhythm disorders, call 476-5706.)



Tom Wachs

January/February 1995

To Our Neighbors

New Sleep Disorders Center opens at UCSF/Mount Zion

Specialized service for women patients

Heart problems over thanks to high frequency waves

University of California San Francisco
3333 California Street, San Francisco, CA 94143-0462

To Our Neighbors

Women with cancer serve community at UCSF/ Mount Zion Cancer Center

San Francisco artist Ann Chamberlain and computer information systems specialist Jacquelyn Zimmerman of Foster City are two different women with a surprising number of things in common.

Both 43 and battling breast cancer, they have decided to serve the community working with the UCSF/Mount Zion Cancer Center.

Chamberlain is the driving force behind the Healing Garden, a place for comfort being developed for the Cancer Center's courtyard. Work will start on the garden in the spring with a target completion date of October.

Zimmerman is setting up a user-friendly listing in print and on-line that will give people easy-to-understand information on clinical trials being offered for breast cancer in the nine Bay Area counties. Called Clinical Trial Information Project (CTIP), the information will be made available early next year at the Resource Center of the UCSF/Mount Zion Cancer Center and throughout the Bay Area. If funding is obtained, CTIP may expand statewide and nationally.

These are just two examples of how people battling cancer are being encouraged to "take their creative energy and transfer their talents into good works to offer other people," says Laura Esserman, MD, co-director of the UCSF/Mount Zion Breast Care Center and one of the physicians treating Chamberlain and Zimmerman.

Chamberlain's plans for the Healing Garden started with her breast cancer diagnosis last December. While undergoing treatment at the UCSF/Mount Zion Cancer Center, Chamberlain passed through the glass-walled lobby, noticing the unused courtyard area.

When she mentioned her idea to create a healing garden to her physicians, they encouraged her to pursue it. Chamberlain helped write a proposal for the garden in June that has been accepted by UCSF/ Mount Zion.

David Milward

Chamberlain

Diagnosed with breast cancer last September, Zimmerman started treatment with physicians I. Craig Henderson, MD, director of clinical cancer programs at the UCSF/Mount Zion Cancer Center, and Esserman.

After Esserman discovered Zimmerman's 21-plus years of experience in data processing, she told her about CTIP, a community-based effort developed by breast cancer advocates in collaboration with UCSF. CTIP originally grew out of discussions with the advocate core of a national breast cancer research project led by UCSF and California Pacific Medical Center.

A paperback listing of breast cancer clinical trials being conducted by hospitals in the nine Bay Area counties is expected to be completed in January. The listing will then be put on-line when funding is available. For further information on the UCSF/ Mount Zion Cancer Center, call 885-3888.

Poison control calendar

The San Francisco Bay Area Regional Poison Control Center is offering what is believed to be the nation's first-ever poison control calendar, with seasonal tips for preventing potentially fatal accidents. The 1995 calendar is illustrated by Bay Area youngsters who have participated in the center's annual poster contests. Each month carries a different poison prevention message along with a reminder of the hotline number — (800) 523-2222 — to call in case of emergencies.

The calendar will help raise funds for the Poison Control Center, which is based at SFGH and staffed by UCSF toxicologists. A $10 donation is suggested for the calendar, which is available at a number of locations, including the SFGH gift shop, or can be ordered through the mail by sending a check made out to the center to: Elise Stone, San Francisco Bay Area Regional Poison Control Center, SFGH Building 80, Room 230, 1001 Potrero Ave., San Francisco, CA 94110. For further information, call Stone, the center's health education coordinator, at 206-8554.

Adults needed to help develop alcohol test

Researchers at The Gallo Clinic and Research Center are seeking adults who have not had a problem with alcohol to participate in a study to develop a test for active chronic alcohol consumption. Participation involves an initial interview and blood test, followed by periodic blood draws at SFGH during the early morning hours. Participants will be compensated $10 per draw. Transportation will be provided if necessary. For further information, call 648-7117.